ARCĪ WELLNESS

Your Sunday Reset

A quiet hour to close one week and design the next.

WEEK OF _____

01 Release

Three things from last week I'm ready to let go of.

1 _____

2 _____

3 _____

02 Restore

One 10-minute practice for my body and breath this week.

_____

_____

DAYS I PRACTICED

M T W T F S S

03 Rhythm

Three anchors that will hold my week steady.

MOVEMENT _____

REST _____

CONNECTION _____

04 Intention

One word to carry with me this week.

MY WORD

Want support building a rhythm that lasts? Book your complimentary ARCĪ Clarity Call.

ARCIWELLNESS.COM